

# MRSA Information for Parents and Students

What is MRSA (methicillin resistant *Staphylococcus aureus*)?

- A type of “staph” infection
- Often causes skin infections
- Resistant to some common antibiotics

What does it look like?

- A spider or bug bite
- Abscess
- Boil
- Infected skin wound

How do you get MRSA?

- Touching someone’s MRSA-infected skin
- Handling a soiled bandage from an MRSA-infected wound
- Sharing personal hygiene items (bar soap, towels, razors)

How is MRSA Treated?

- A healthcare provider will often give an antibiotic and/or drain the infection.



## Stop the spread of MRSA!

- Wash your hands often with warm soapy water
- Use 60% alcohol-based hand sanitizer when soap & water are not available
- Cover all wounds with a clean, dry bandage taped on all four sides
- Avoid contact with another person’s skin infections
- Report skin infections to coach/trainer/nurse
- Shower immediately after practice and matches

- Do not share personal hygiene items (bar soap, towels, razors)
- Wash practice clothes/uniforms with soap and water, use a hot dryer
- Clean and disinfect athletic/wrestling gear and practice surfaces (mats, benches, weight equipment) after each use
- Do not let athletes practice with potentially contagious wounds, even if covered, and consider use of this rule for all contact sports